Smart Use of Fat, Sugar and Salt

Role of Fats

- Supply energy
- Supply essential fatty acids
- Assist in absorption of fat soluble vitamins (A,D,K,E)

Fat Composition

- All fats are composed of glycerol and fatty acids
- Fatty acids are made of hydrogen, carbon and oxygen
- Fats differ from each according to the hydrogen on the chemical chain

Saturated Fats

- Solid at room temperature
- Animal sources
 - meat, poultry, butter, whole milk
- Vegetable sources
 - palm, coconut and palm kernel oils
- Raise cholesterol

Monounsaturated Fat

- Liquid at room temperature
- From vegetable sources
 - Canola, nut and olive oils
- Do not raise blood cholesterol

Polyunsaturated Fats

- Liquid or soft at room temperature
- Vegetable sources
 - Corn, safflower, soybean, sunflower oils
- Seafood
- Do not raise blood cholesterol

Cholesterol

- Contributes to heart disease
- Comes only from animal sources

Omega-3 Fatty Acids

- Highly polyunsaturated
- Seafood
 - Albacore tuna
 - Mackerel
 - Salmon
- Help prevent blood platelets from clotting, thus help prevent heart disease

Hydrogenated Fats

- Unsaturated fats processed to make them stable and solid at room temperature
- Some believe hydrogenated fats contribute to cancer

Fats and Health

- High fat diets are related to many chronic health problems
 - Heart disease
 - Some types of cancer
 - Diabetes
 - Obesity

Dietary Recommendations

- Limit total fat to 30% of calories
- Limit saturated fat to 10% of calories

Calculating % of Calories

- Total calories from fat:
 - 1 gram of fat = 9 calories
 - 1800 calories x 30% = 540 calories
 - $-540 \div 9 = 60$ grams of fat
- Calories from saturated fat:
 - 1 gram of fat = 9 calories
 - 1800 calories x 10% = 180 calories
 - $180 \div 9 = 20$ grams of fat

Fat in Foods

- Fats make foods taste good
 - Fats carry flavor
 - Gives smooth, creamy texture
 - Makes foods tender, brown or crispy depending on the cooking method

Limiting Fat Consumption

- Read labels
- Select foods lower in fat
- Look for:
 - Fat free
 - Saturated fat free
 - Low fat
 - Low saturated fat
 - Reduced fat
 - Less fat
- Modify recipes
 - Some recipes lend themselves to modification but not all do

Sugar Consumption Skyrockets

"Sugar consumption is off the charts," reports Michael F. Jacobson, executive director of the Center for Scienc Public Interest. "Added sugars—found largely in junk foods such as soft drinks, cakes, and cookies—squeeze healthier foods out of the diet. Sugar now accounts for 16 percent of the calories consumed by the average AI and 20 percent of teenagers' calories." A government study found that back in 1977–78, added sugars provid 11 percent of the average person's calories.

Harvard School of Public Health PRESS RELEASES

Study Finds Increased Consumption of Sugar- Sweetened Beverages Promotes Childhood Obesity

Children are consuming more soft drinks as availability and school access increase

For Immediate Release: Thursday, February 15, 2001

Sugar Consumption 'Off The Charts' Say Health
Experts
HHS/USDA Urged to Commission Review of Sugar's Health
Impact

Eating Low-Fat and Still Gaining - How? Consider these facts:

Sugar in the Diet

- Carbohydrates
- Energy source
- Occur naturally in many foods
 - Milk
 - Fruits
 - Vegetables
 - Grains
- Added to many other foods

Sugars in Food

- Make foods palatable
- Make foods enjoyable
- Must be consumed in moderation

Negative Impact of Sugar

- Tooth Decay
- Obesity
 - Excess sugar is converted to fat and stored
- Diabetes

Fruit Juice & Young Children

- Fruit juice is an important source of some nutrients (vitamin C, folate, potassium)
- Fruit juice should not be consumed in place of milk (milk provides calcium and other important nutrients)
- Excessive exposure of the teeth to fruit juice leads to dental caries
- Fruit juices should be 100% juice
- Fruits are preferable to fruit juice

Names for Added Sugars That Appear on Food Labels

- Brown sugar
- Corn sweetener
- Corn syrup
- Dextrose
- Fructose
- Fruit juice concentrate

- Glucose
- Honey
- Lactose
- Malt syrup
- Maltose
- Sucrose

Major Source for Added Sugar in U.S.

- Soft drinks
- Cakes, cookies, pies
- Fruitades and drinks such as fruit punch and lemonade
- Dairy desserts such as ice cream
- Candy